

ABSTRACT

DERY BADRU SALAM “EFFECTIVENESS OF PAIRED EXERCISE METHOD AND ELEMENTARY EXERCISE METHOD TO ACCURACY PASSING THE BALL FUTSAL EXTRACURRICULAR TEAM STUDENT SMA NEGERI 1 CIBARUSAH, BEKASI”.

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This study aims to determine which method is better between the pair and elementary training methods to accuracy of passing on team extracurricular futsal ball student SMAN 1 Cibarusah, Bekasi. This research was conducted in the school grounds SMAN 1 Cibarusah, Bekasi. The study began on January 23, 2017 to February 27, 2017. This study was conducted as many as 16 meetings including the initial test and final test using the experimental method with a population of 38 member extracurricular futsal SMAN 1 Cibarusah, Bekasi, but only 30 samples taken in this study, the selection of the sample with purposive sampling by selecting a sample in which members of the population have consideration in training.

After selecting a sample first and then the entire sample meetings perform preliminary tests, the results of initial tests are ranked from highest to lowest figure. Then divided into two groups A and B in a peculiar way even, then get an odd group (A) using the pair and the even-numbered groups (B) using elementary methods which each consist of 15 students. After the division of the group completed start treatment or treatment in each group a total of 16 meetings and the last in meetings do the final test.

Group exercise method paired obtain initial average value of 8 and an average final value of 18.33, standard deviation of 2.44 and standard deviation early end to 2.35, standard error of the average value of 0.65 and a standard early error average value end 0.62, t_{hitung} of paired training methods are at 17.21 and by 2.04 t_{tabel} . Thus concluded increased using paired.

Group tactical methods obtain initial average value 8,33 and the average value of the end of 15,33, standard deviation value of 2.35 and the beginning of the end of 3.85 standard deviations, standard error of the initial average of 0.62 and standard error of the mean value -rata end 1.02, t_{hitung} of tactical method is 8.33 and by 2.04 t_{tabel} . Thus concluded increased passing ability to use tactical methods.

Results of the final test data to compare between paired with elementary methods namely, the paired method group mean obtained was 18.33, while in the mean 15.33 elementary methods so that the management of the data in this study can be concluded that each group same-method the same increase. And paired methods more effective than the method elementary in improving passing accuracy on a futsal ball futsal extracurricular team student SMAN 1 Cibarusah, Bekasi.